

KITCHENS
of the
WORLD™



TRAVEL THE WORLD FROM YOUR KITCHEN

*A Cookbook to Support
Charitable Non-profit
Organizations*

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ARGENTINA



Buenos días

LOCATION: Southern South America, bordering the South Atlantic Ocean, between Chile and Uruguay

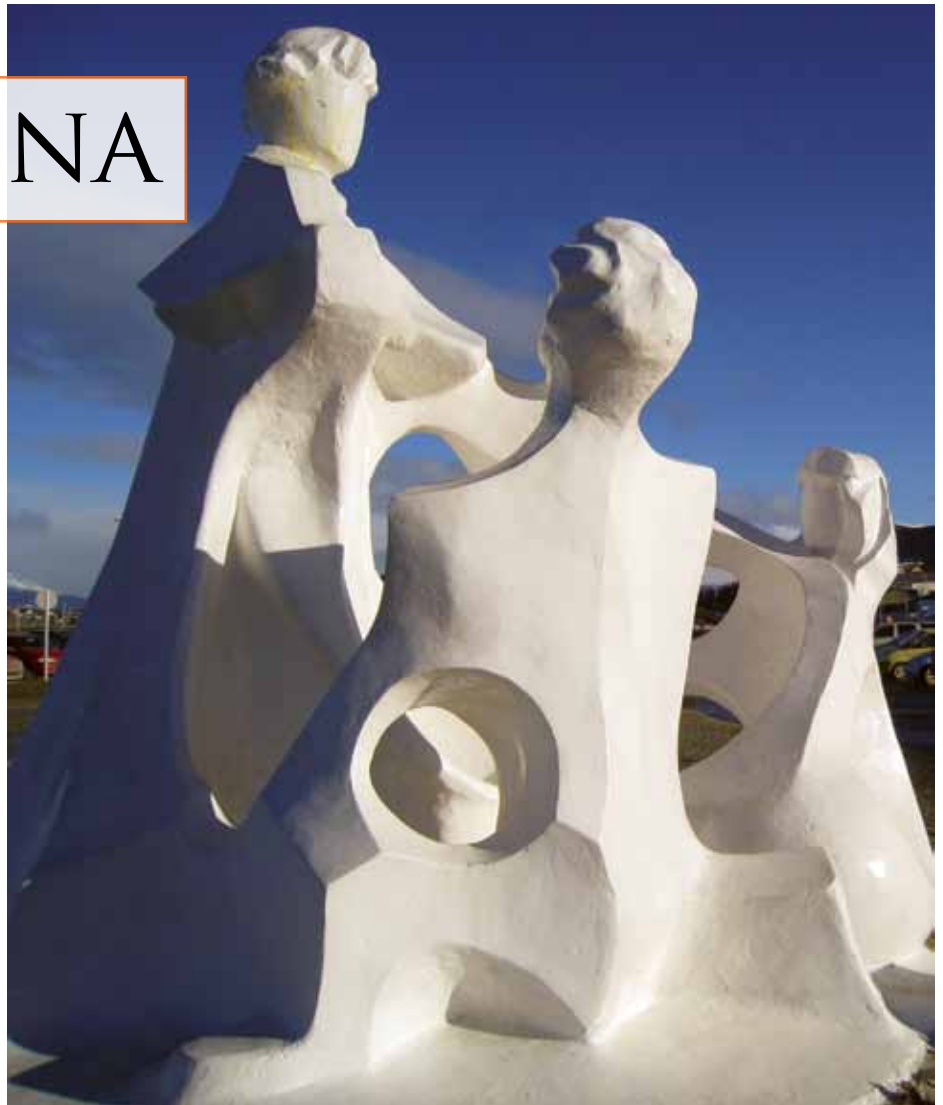
CAPITAL CITY: Buenos Aires

POPULATION: 40,913,584 (July 2009 est.)

LANGUAGES: Spanish (official), Italian, English, German, French

WEBSITE: www.en.argentina.ar/_en/tourism

Top: Ushuaia Sculpture
Bottom: Beagle Channel



Photos: Erik Stewart

Recipes from Argentina



Argentinean cuisine is strongly influenced by Europe, particularly Italy, France, and Spain. The pampas (grassy plains) of Argentina are well suited for raising cattle, and beef is widely eaten throughout the country. Cooking meat outdoors over an open fire is extremely popular. There are regional variations to Argentina's cuisine, with more fish and seafood being consumed in the coastal areas. Squash, potatoes, and corn are popular and form the basis of many soups and stews.

Carbonada pampeana is a healthful and tasty stew of meat, fruit, and vegetables. Corn and olive oil add to the taste and make the recipe even healthier. Served from the hollow of a pumpkin, this is a spectacular dish to surprise your family and friends with!



Pour the water into a saucepan, add salt to taste, and bring to a boil. Drop in the corn, cover the pot, and let the water boil again, and then turn off the heat. Let the corn sit in the covered pot for 5 minutes, until tender. Remove the corn from the pot and set aside.

Heat the olive oil in a saucepan and add the onion, peppers, and

beef and sauté until the vegetables are tender. Add the tomatoes, carrot, potatoes, wine, and salt and pepper to taste. Sauté for 15 minutes, and then add the cooked corn, peach, pear, grapes, and raisins. Stir together and simmer, covered, over low heat for 5 minutes longer.

Preheat the oven to 375°F.

Scrub the pumpkin. Cut down into the top of the pumpkin to make a lid 6 or 7 inches in diameter, leaving the stem as a handle. Scrape out the seeds and stringy fiber from the lid and inside the pumpkin.

Heat the milk and butter in a saucepan until the butter is melted, and then pour into the bottom of the pumpkin.

Put the pumpkin on a baking sheet and fill it with the stew. Cover the pumpkin with the lid and place it in the oven. Bake for 20 minutes, and then reduce the heat to 350°F and bake for 1 more hour.

Place the pumpkin on a large serving platter and serve directly from it at the table.

YIELD: 6 servings

Carbonada Pampeana

- 4 cups water
- Salt
- 3 ears corn, shucked and cut into 2-inch slices
- 1 cup olive oil
- 1 large onion, minced
- 1 red pepper, cubed
- 1 green pepper, cubed
- 2 pounds beef top round roast, cut into 1-inch cubes
- 2 tomatoes, peeled and coarsely chopped
- 1 carrot, sliced
- 2 medium potatoes, peeled and diced
- 1 cup white wine
- Salt and pepper
- 1 peach, peeled, pitted, and cubed
- 1 pear, peeled, cored, and cubed
- 1 cup seedless grapes
- 1 tablespoon raisins, hydrated
- 1 large (10 to 12-pound) pumpkin (or winter squash)
- 1 cup milk
- ¼ pound butter

BAHAMAS



Hello

LOCATION: Caribbean, chain of islands in the North Atlantic Ocean, southeast of Florida, northeast of Cuba

CAPITAL CITY: Nassau

POPULATION: 309,156 (July 2009 est.)

Languages: English (official), Creole (among Haitian immigrants)

WEBSITE: <http://ca.bahamas.com>



[need captions]

Photos: Sharon Anich, Milwaukee

Recipes from the Bahamas



Bahamian cuisine is spicy and flavorful. Even the simplest foods are made tasty with the inclusion of spices and hot sauces. Meat and fish are often marinated with herb seasonings before cooking, and ginger, cloves, allspice, and nutmeg are often used in the making of soups and stews. There are more than 700 islands that make up the Bahamas, so it is not surprising that fish and seafood are a staple of Bahamian cuisine. The conch is a particular favorite. Conch meat is pounded and marinated before cooking in soups and stews or serving chilled in salads.

Shrimp and Spinach Potlicker

If you would like to try a traditional Bahamian dish, this is the recipe to make! Shrimp is cooked with ginger, lemon, spinach, and creamed coconut, a combination that is healthful and smells really good, and, more important, it is delicious!

- 1 lemon, juiced
- 2 cloves of garlic, minced
- 1 teaspoon ground cumin
- ½ teaspoon peeled and finely minced ginger
- 2 teaspoons butter
- 1 onion, finely chopped
- 1 to 1½ pounds shrimp, shelled and deveined
- 1½ pounds fresh spinach, chopped
- 1 tablespoon creamed coconut
- Dash each of cayenne and nutmeg



Photo: Jen Salzburg

Combine the lemon juice, garlic, cumin, and ginger in a large bowl. Add the shrimp and marinate for 1 hour. Spoon out the shrimp with a slotted spoon and reserve the marinade.

Heat the butter in a saucepan over medium heat and sauté the onion until tender. Add the cooked shrimp and sauté for 3 or 4 minutes until pink. Remove the shrimp with a slotted spoon from the saucepan and set aside. Pour the reserved marinade into the saucepan and stir in the spinach. Cover and simmer until the spinach is wilted, about 2 minutes. Stir in the creamed coconut, cayenne, nutmeg, and the shrimp. Serve immediately over rice or johnnycakes.

YIELD: 4 to 6 servings